

Elba Sergeant Graduates From NCO School

SEYMORE JOHNSON
AFB, N. C. - Staff Sergeant Jack Lee Jr., of Elba, Ala., has graduated from the Noncommissioned Officer Preparatory School here.



Elba Theatre
ON THE SQUARE

Friday & Saturday
February 8 and 9
DOUBLE FEATURE

**ESCAPE TO
EAST BERLIN**

ALSO
GUN FIGHT

JAMES BROWN · JOAN STALEY · PALMER

CARTOON

Sunday & Monday

February 10 and 11

PING PONG RAY

JOHN LUTHER

HELLY SHAW

PUB. MONDAY

M. RE STARS

ELBA

ALABAMA

CARTOON

Actual Size

ELMER'S GLUE-ALL

Coffee Commissioners Build Road To Elba's New Hill-Burton Hospital

Elroy Whitman, who is a Coffee County road commissioner, has been instrumental in getting a road through from the Taylor Mill Road to the new Hill-Burton Hospital. This road will enable citizens of the northwest corner of the county to reach the hospital by this route, saving a number of miles that they have had to travel had they been forced to travel the roads prior to the building of this new road. Not only will this be a great convenience to that part of the County as to mileage, but in case of an emergency it would be of great advantage, perhaps to the patient, of saving a life by being able to reach medical attention much quicker.

The structure is a limited scene of the road. It leads west by the hospital. Before this road was built the street stopped at a dead-end there where the hospital is now being built at a cost above \$500,000.00.

This is only one of the improvements the road commissioners are making in Coffee County.

CARD OF THANKS

We would like to thank our friends for the kind words shown us in the death of our infant son. We appreciate so much your prayers, visit, flowers and cards. May God bless you.

Wayne & Elsie Northington



National Children's Dental Health Week Proclaimed By State, National Associations

DENTAL HEALTH QUESTIONS - ANSWERS

Is it really worth the effort to keep my teeth? Artificial dentures are just as good?

During the average lifetime, a person consumes some 38 tons of food. That is enough to provide a banquet for a capacity crowd.

What is the relationship between nutrition and dental health?

In general, if you eat the kind of diet recommended for general health, you'll be getting the essentials for dental health.

During the years the teeth are growing (from about 5 months before birth to the age of 8 years), an adequate diet of calcium and phosphorus is needed for the development of the tooth structure. Once the teeth are fully formed and calcified, the enamel does not need any more calcium and cannot absorb any. The enamel and the bones of the teeth have the same nourishment throughout life as the other

third molars. Incidentally, whether or not you have wisdom teeth has nothing to do with how wise you are. The custom of calling the third molars wisdom teeth apparently arose just because the teeth appear late, usually from the 17th to the 22nd year.

Does a decayed tooth ever heal itself?

No, it does not. Once decay has begun in a tooth, the body's defense against the progress of this disease can be stopped for a dentist to remove the decayed part and place a restoration. In most cases, if the tooth is not restored, the decay process continues until, eventually, the tooth must be removed.

Sound, health teeth also are essential to your appearance and for proper speech.

While artificial dentures usually are attractive and function adequately, they are not just as good as your own teeth, and more hand.

My neighbor told me her dentist says that teeth can last a lifetime. This is probably true.

Yes, it is possible. Teeth are designed to last a lifetime. You and your children can keep your teeth healthy if you conscientiously follow the rules of preventive dentistry.

The first thing to be recognized is that teeth require daily care if they are to last a lifetime in health. This means eating a balanced diet low in sweets and always brushing your teeth immediately after each meal. It is important that you visit your dentist regularly so that any dental problems that do develop can be taken care of promptly.

Children who, from birth, drink water containing 1 part per million fluoride have up to 60 percent less tooth decay than those who otherwise drink. Where the water is not fluoridated, topical applications of fluoride are of value in helping to prevent decay.

I am now 30 years old and have never had any wisdom teeth. This is unusual?

No, it is not too unusual. Twenty-five percent of the people never get

tissues of the body.

While a good diet does play a part in the development of healthy teeth, only fluoride has been proved to help develop decay-resistant teeth.

As far as preventing tooth decay is concerned, what you do eat is perhaps less important in preventing tooth decay than what you don't eat, provided what you don't eat is sweets.

What causes tooth decay?

Various studies that have been made indicate that bacteria always present in the mouth, especially fermentable carbohydrates, especially sugar, to form acids. The acids attack the enamel of water for about 30 years.

No way has yet been found of removing bacteria permanently from the mouth. Brushing temporarily decreases the number of bacteria. But sugar can be eliminated—or at least the amount that is eaten can be reduced. The next time you eat, eat sweet snacks frequently during the day are subjected to almost continuous acid attacks.

Brushing immediately after eating does help to remove some of the sugar before it is converted to acid. When brushing is not possible, the mouth should at least be rinsed with clear water.

How should I brush my teeth?

Your dentist can tell you the best method of toothbrushing for you. Three good general rules are:

1. Brush immediately after eating.

2. Brush each area at least ten times—the surfaces next to the cheeks and next to the tongue and the upper and lower chewing teeth.

3. Brush the upper teeth down toward the biting edge and the lower teeth up toward the biting edge.

Does a decayed tooth ever heal itself?

Yes, it can be cured, but it will take time for the tooth to heal when the home burned recently.

What is periodontal disease?

The word "periodontal" comes from two Greek words meaning literally "around the tooth." It is a dental disease that affects the tissues that surround and support the teeth. The gums, fibers that attach the teeth to the bone and the bone themselves are affected.

The disease begins as gingivitis, the first stage of periodontal disease, which is usually seen when making a visual examination.

The dentist needs to have the information about the hidden parts of the teeth and bone to detect and treat many oral conditions. Only x-ray can reveal this information.

Also dental x-ray examinations at regular intervals provide the dentist with a history of a patient's mouth, enabling him to watch for changes in teeth, bone or soft tissues that may be early indications of disease or other difficulty. Then the necessary treatment can be given as soon as the condition becomes serious.

What causes periodontal disease?

Among the local factors causing periodontal disease is calculus, or tartar, a hard, crusty material that is deposited on the surface of the teeth where the gums and the crowns meet, irritating the gums.

The cause of this periodontal disease is the price of a dime a year per person—less than the price of one ice cream cone.

What is the cause of tooth decay?

The cause of tooth decay is the action of acids on the teeth. The acids are formed by bacteria that are present in the mouth.

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deficient water. President Kennedy and his family drink fluoridated water. When the Elba water was fluoridated, more than 40 million Americans, in addition to millions of people in England, Germany, France, Belgium and many other countries, drink fluoridated water. In Ireland, fluoridation is required by law. The American Dental Association found fluoridation safe and endorsed its widespread use.

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disease progresses, the bone supporting the teeth is lost, and the affected teeth eventually become very loose.

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THROUGH THE KEYHOLE

BY MRS. ROBERT CANNON

WE WERE THRILLED with the news that Mary Virginia Lee, a member of our class, had been chosen "Miss Gulf Park" by her classmates at that college. Henriette has made many contributions, serving as President of the Student Council this year.

We saw Mary Virginia and Virginia Lee briefly and learned that she is married, with a surprise to her. She and Harry had gone to Gulf Park to attend a fashion show which the Methodist was holding. At the conclusion of the program, it was announced that "Miss Gulf Park" would be presented at the fashion show. The curtains opened to reveal Henriette. We wonder how Mary Virginia stood it.

In case you saw Henriette's picture, and admired the way she looked, add that the ball gown was of pink satin with jeweled embroidery covering the bodice. Dancing slippers of pink satin with pink bows adorned with sequins and she carried an arm bouquet of roses. Mary Virginia had taken the newly-cut diamond necklace and the ring to wear at the New Orleans Mardi Gras, but we know she thoroughly enjoyed this advance showing.

ANOTHER whom we enjoyed seeing was Jeanie (Paul) Kirkland who seems to get prettier and prettier. Sunday she attended the telephone as we all did, and was very belle coat with fur trim that was exactly right for her. As always, she was smiling and friendly.

ON WEDNESDAY of last week, the proud parents of Elba's dancing students were invited to attend classes and observe progress made since October. And we were quite pleased. It is wonderful to see little girls, their mothers and fathers, through the fog to Birnam, attending on Tuesday, and Marion Rowe some time in Montgomery with their brother, Diamond Pearson who is quite ill. We hope she will soon receive better news from him.

LEWY STEPHENS drove through the fog to Birnam, attending on Tuesday, and Marion Rowe some time in Montgomery with her brother, Diamond Pearson who is quite ill. We hope she will soon receive better news from him.

EASTER is not to far off and we know the weather has been enough to preclude any thoughts of spring, we know that before too long we will see green shoots and tiny buds. The pines are blossoming now for a much-needed service at the Methodist Church which will continue music and the Easter message. This is a dramatic presentation as a costume pageant and contains a more inspiring series of events. As we are now in the middle of the year, we are just ready those concerned are becoming thrilled over the chance to work with such a program. So, we hope to tell more, tell you along this line. And anyone having any Roman costumes on hand is asked to call me.

WE ARE INDEBTED to Ginefie Kendrick for that Thomas Edison who invented the telephone as we all did, stated last week. We are embarrassed. After all, everyone knows that instrument was invented by Edison.

THE CIRCUS IS coming to Montgomery on February 10 and we are all succumbing to the lure of the Big Top and we have purchased tickets. Having never seen a "big" circus we are more thrilled than the little girl who is our excuse for going. See you all.

The girl should carry a small purse that rests easily in her lap because she never places her purse on the floor. The young man gives both orders to the waitress. A well-trained waitress seldom, if ever, asks the girl a direct question.

If an accident like dropping a fork occurs, it's not the end of the world. It can happen to anyone. The gentleman should call the waitress to pick up the fork and replace it. In any case, the situation should be handled without fuss or undue embarrassment and quickly dropped from the conversation.

If the meal is finished, place the napkins, unfolded, beside the plate. Most hosts and hostesses confine their face fixing to the powder room.

A gentleman assists his date with her chair as they sit. He takes care of the check, leaving a tip for the waitress equal to about 15 per cent of the bill.



THE CHURCH FOR ALL... ALL FOR THE CHURCH

Our neighbor has a firm opinion about children and pets: "When a boy is old enough to assume responsibility for the care of a dog, it's time for him to have one."

But our Davey is growing up with his dog — his frolicking playmate today, his faithful friend and protector tomorrow.

Our neighbor has an opinion also about children and God: "When my son is able to weigh the claims of religion with a mature mind he can decide for himself whether he wants to go to church."

What heritage would most have of Truth and Right and Freedom if each generation had not imparted its blessings to the next? It is the *faith of our fathers* which is ours to cherish, and to teach our children.

Let them grow up with that Christian Faith and it will have its rightful place in their lives.

Sunday Joshua 24:14-18 Monday Joshua 24:19-25 Tuesday 1 Samuel 2:18-26 Wednesday Daniel 1:3-14 Thursday Daniel 1:15-21 Friday Luke 2:21-35 Saturday John 2:6-14

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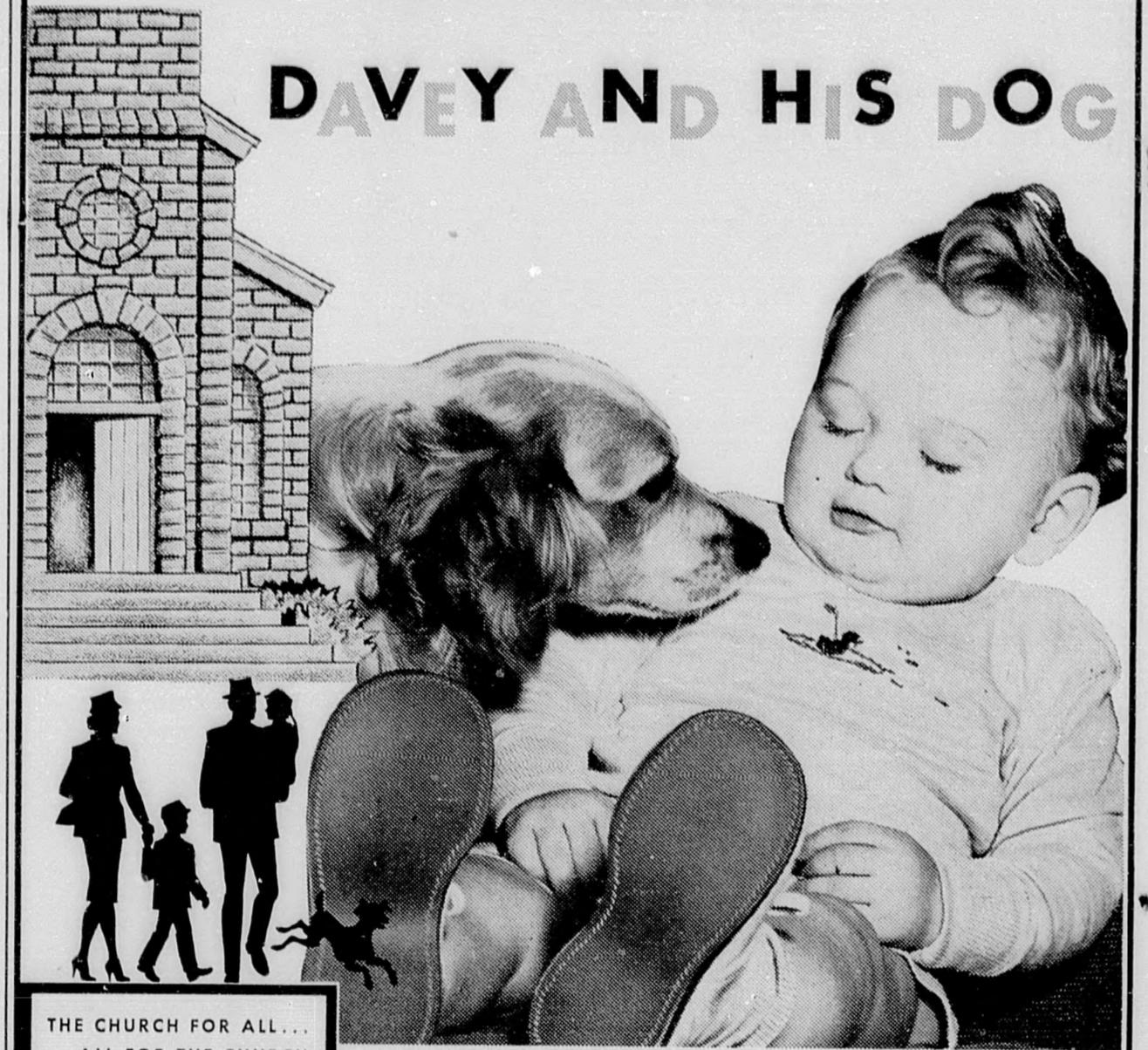
BASIL WHITMAN MOTORS

ELBA, ALABAMA



ATTEND THE CHURCH OF YOUR CHOICE THIS SUNDAY

DAVEY AND HIS DOG



Teenage Etiquette Is Simple

Teenagers who are concerned over the etiquette of eating out on their first dinner date will be heartened to learn that only a few simple rules are involved.

The gentleman takes the door for the girl and lets her private life into the restaurant. They both go to the hat check stand where it is proper, if the girl desires, to check her coat, care, etc. The hostess has reached an easier stage. Henry Smith's father and Mrs. Roy Lee Douthit were to be Henry and were a comfort to me.

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silence of the

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